



**Eating on the Go - *Make it Fast! Make it Good!***

**Handouts**



# My Shopping List

These are good items to have on hand to make healthy meals and snacks.

## Dairy and Eggs

- Fat-free (skim) or low-fat (1%) milk
- Fat-free, low-fat, or reduced-fat cottage cheese
- Low-fat or reduced-fat cheeses
- Fat-free or low-fat yogurt
- Eggs/egg substitute
- \_\_\_\_\_

## Breads, Muffins, and Rolls

- Whole-wheat bread, bagels, English muffins, tortillas, pita bread
- \_\_\_\_\_
- \_\_\_\_\_

## Cereals, Crackers, Rice, Noodles, and Pasta

- Unsweetened cereal, hot or cold
- Rice (brown)
- Pasta (noodles, spaghetti)
- \_\_\_\_\_

## Meat

- White meat chicken and turkey (skin off)
- Fish (not battered)
- Extra-lean ground beef or turkey
- 95% fat-free lunch meats or low-fat deli meats
- \_\_\_\_\_

## Meat Equivalents

- Tofu (or bean curd)
- Beans (see bean list)
- Eggs/egg substitute (see dairy and eggs list)
- \_\_\_\_\_

## Fruit (Fresh, Canned, Frozen, and Dried)

### Fresh Fruit:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Fruit (in juice or water):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Fruit:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Dried Fruit:

- \_\_\_\_\_
- \_\_\_\_\_

## Vegetables (Fresh, Canned, and Frozen)

### Fresh Vegetables:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Vegetables (low-sodium or no-salt-added):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Vegetables (without sauce):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Beans and Legumes (If Canned, No Salt Added)

- Dried beans, peas, and lentils (without flavoring packets)

### Canned beans:

- \_\_\_\_\_
- \_\_\_\_\_

## Baking Items

- Nonstick cooking spray
- Canned evaporated milk—fat-free (skim) or reduced-fat (2%)
- Nonfat dry milk powder
- Gelatin, any flavor (reduced calorie)
- Pudding mixes (reduced calorie)
- \_\_\_\_\_

## Condiments, Sauces, Seasonings, and Spreads

- Fat-free or low-fat salad dressings
- Spices
- Flavored vinegars
- Salsa or picante sauce
- Soy sauce (low-sodium)
- Bouillon cubes/granules (low-sodium)
- \_\_\_\_\_

## Beverages

- No-calorie drink mixes
- Reduced-calorie juices
- Unsweetened iced tea
- \_\_\_\_\_

## Nuts and Seeds (Unsalted)

- \_\_\_\_\_
- \_\_\_\_\_

## Fats and Oils

- Light margarine
- Mayonnaise, low-fat
- Olive oil
- Canola oil
- \_\_\_\_\_

**Source:** Dietary Guidelines for Americans, *A Healthier You*.

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

# Tips for Eating Out

## General Tips for Healthy Dining Out and Take-Out

You can eat healthfully when dining out or ordering take-out. Check out these tips for choosing items lower in calories, as well as solid fats (saturated and *trans* fat), and sodium (salt).

## Reading the Menu

 *Look for terms such as:*

• Baked	• Lightly sautéed
• Boiled (in wine or lemon juice)	• Poached
• Broiled	• Roasted
• Grilled	• Steamed in its own juice (au jus)

 *Watch out for terms such as:*

• Alfredo	• Casserole	• Escalloped
• Au fromage	• Cheese sauce	• Fried
• Au gratin	• Creamed	• Gravy
• Basted	• In cream or cream sauce	• Hollandaise
• Béarnaise	• Crispy	• Pastry crust
• Breaded	• Deep fried	• Pot pie
• Butter sauce		

**Source:** Adapted from National Heart, Lung, and Blood Institute (NHLBI), *Aim for a Healthy Weight: Maintaining a Healthy Weight On the Go—A Pocket Guide*, page 12.

[http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM\\_Pocket\\_Guide\\_tagged.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM_Pocket_Guide_tagged.pdf)

## Tips for Choosing Healthier Foods at Restaurants

Look for the terms below on menus for items lower in calories, solid fats (saturated and *trans* fat), and sodium.

### Fast Food

- Grilled chicken breast sandwich without mayonnaise
- Single hamburger without cheese
- Grilled chicken salad with reduced-fat dressing
- Low-fat or fat-free yogurt

### Deli/Sandwich Shops

- Fresh sliced vegetables on whole-wheat bread with low-fat dressing or mustard
- Turkey breast sandwich with mustard, lettuce, and tomato
- Bean soup (lentil, minestrone)

### Steakhouses

- Lean broiled beef (no more than 6 ounces)—London broil, filet mignon, round and flank steaks
- Baked potato without butter, margarine, or sour cream
- Seafood dishes that are not fried

### Chinese

- Zheng (steamed)
- Gun (boiled)
- Kao (roasted)
- Shao (barbecue)
- Lightly stir-fried in mild sauce
- Hot and spicy tomato sauce
- Reduced-sodium soy, hoisin, and oyster sauce
- Dishes without MSG added
- Bean curd (tofu)
- Moo shu vegetables, chicken, or shrimp
- Hot mustard sauce

### Italian

- Lightly sautéed with onions, shallots, or garlic
- Red sauces—spicy marinara sauce (arrabiata), marinara sauce, cacciatore, red clam sauce
- Primavera (no cream sauce)
- Lemon sauce
- Florentine (spinach)
- Grilled (often fish or vegetables)
- Piccata (lemon)
- Manzanne (eggplant)

### Middle Eastern

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Fava beans or chickpeas</li><li>• Basted with tomato sauce</li></ul> | <ul style="list-style-type: none"><li>• Couscous (grain)</li><li>• Rice or bulgur (cracked wheat)</li></ul> |
|--|---|

### Japanese

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• House salad with fresh ginger and cellophane (clear rice) noodles</li><li>• Chicken, fish, or shrimp teriyaki, broiled in sauce</li></ul> | <ul style="list-style-type: none"><li>• Soba noodles, often used in soups</li><li>• Yakimono (broiled)</li><li>• Tofu (or bean curd)</li><li>• Nabemono (soup/stew)</li></ul> |
|---|---|

### Indian

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Tikka (pan roasted)</li><li>• Cooked with or marinated in yogurt</li><li>• Saag (with spinach)</li><li>• Masala (mixture of spices)</li></ul> | <ul style="list-style-type: none"><li>• Tandoori (chicken marinated in yogurt with spices)</li><li>• Pullao (Basmati rice)</li></ul> |
|---|--|

### Thai

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Fish sauce</li></ul> | <ul style="list-style-type: none"><li>• Hot sauce</li></ul> |
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**Source:** Adapted from National Heart, Lung, and Blood Institute (NHLBI), *Aim for a Healthy Weight: Maintaining a Healthy Weight On the Go—A Pocket Guide*, pages 14–18.

[http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM\\_Pocket\\_Guide\\_tagged.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM_Pocket_Guide_tagged.pdf)

# 10 Tips Nutrition Education Series

## 10 tips

The Ten Tips Nutrition Education Series provides consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format. These are perfect for posting on a refrigerator

<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>